



PE Vocabulary

Year 1

Year Group	Sport/Activity	Vocabulary
Year 1	Gymnastics	<ul style="list-style-type: none"> • Stretch • Travel • Roll (log/pencil or egg) • Balance (5 Patch balances: Back, Front, Shoulder, Side, Bottom) • Jump (straight or shape) • Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch) • Equipment/Apparatus (ball, hoop, beam, table, mat) • Sequence • Performance
	Invasion Games	<ul style="list-style-type: none"> • Attack • Defend • Shoot/ Hit / Throw • Catch • Travel • Pass • Receive • Space, Time / Task, Equipment, People (STEP MODEL – Differentiation)
	Dance	<ul style="list-style-type: none"> • Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue) • Direction (forwards, backwards, sideways) • Space (near, far, in and out, on the spot, own) • Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle) • Balance • Coordination
	Co-operation games	<ul style="list-style-type: none"> • Teamwork / team building • Communication / talking • Trust • Problems / problem solving • Solutions • Space, Time / Task, Equipment, People (STEP MODEL – Differentiation)
	Rhythmic dance	<ul style="list-style-type: none"> • Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue) • Direction (forwards, backwards, sideways) • Space (near, far, in and out, on the spot, own) • Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle)



	<ul style="list-style-type: none"> • Equipment → balls, hoops, ribbons
Chasing and fleeing	<ul style="list-style-type: none"> • Tag / IT • Tactics • Evading opponents • Reaching opponents • Trapping • Sending/reacting to misleading signals • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
Target Games	<ul style="list-style-type: none"> • Score • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
Net and Wall Games	<ul style="list-style-type: none"> • Shoot/ Hit / Throw • Attack • Over the net • Create space on offence • Reduce space on offence • Tactics • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> • Orienteering (positional language) • Map skills (compass, symbols) • Communication • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-taking
Striking and Fielding	<ul style="list-style-type: none"> • Batting • Fielding • Defending • Attacking • Teams • Bowl / Throw • Backstop • Catch • Run • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)



	Personal Challenges	<ul style="list-style-type: none"> • Resilience • Various Techniques • Effectiveness • Personal Best (PB)
	Athletics	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/Wellbeing • Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.

Year 2

Year 2	Gymnastics	<ul style="list-style-type: none"> • Stretch / Flexibility • Travel • Roll (log/pencil or egg) • Patch Balance (<i>Back, Front, Shoulder, Side, Bottom</i>) • Point Balance (<i>hands, feet, elbows, knees & head</i>) • Jump (<i>straight or shape</i>) • Gymnastic shapes (<i>Tuck, Pike, Straddle, Star, Dish & Arch</i>) • Equipment/Apparatus (<i>ball, hoop, beam, table, mat</i>) • Sequence • Performance
	Invasion Games	<ul style="list-style-type: none"> • Attack • Defend • Shoot/ Hit / Throw • Catch • Travel • Pass • Receive • Tactics • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
	Dance	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (<i>forwards, backwards, sideways</i>) • Space (<i>near, far, in and out, on the spot, own</i>) • Sequence (<i>beginning, middle, end</i>) • Moods and feelings (<i>expressive qualities</i>) (<i>jolly, stormy</i>) • Nature of movement (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)



Cooperation games	<ul style="list-style-type: none"> • Teamwork / team building • Communication / talking • Trust • Problems / problem solving • Solutions • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
Rhythmic gym/dance	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (forwards, backwards, sideways) • Space (near, far, in and out, on the spot, own) • Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle) • Equipment → balls, hoops, ribbons
Chasing and Fleeing	<ul style="list-style-type: none"> • Tag / IT • Tactics • Evading opponents • Reaching opponents • Trapping • Sending/reacting to misleading signals • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
Target Games	<ul style="list-style-type: none"> • Score • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
Net and Wall games	<ul style="list-style-type: none"> • Shoot/ Hit / Throw • Attack • Over the net • Create space on offence • Reduce space on offence • Tactics • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> • Orienteering (positional language) • Map skills (compass, symbols) • Communication • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-taking
Striking and Fielding	<ul style="list-style-type: none"> • Batting • Fielding • Defending • Attacking • Teams • Bowl / Throw



		<ul style="list-style-type: none"> • Backstop • Catch • Run • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
	Personal Challenges	<ul style="list-style-type: none"> • Resilience • Beat your previous goal • Various Techniques • Effectiveness • Personal Best (PB)
	Athletics	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/Wellbeing • Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.

Year 3

Year 3	Gymnastics	<ul style="list-style-type: none"> • Stretch / Flexibility • Travel (<i>2 → 1 foot leap & cat leap</i>) • Roll (<i>log/pencil, egg & shoulder roll</i>) • Patch Balance (<i>Back, Front, Shoulder, Side & Bottom</i>) • Point Balance (<i>hands, feet, elbows, knees, head & arabesque</i>) • Jump (<i>straight, shape, hop & leap</i>) • Gymnastic shapes (<i>Tuck, Pike, Straddle, Star, Dish & Arch</i>) • Equipment/Apparatus (<i>ball, hoop, beam, table, mat</i>) • Sequence • Performance
	Invasion Games	<ul style="list-style-type: none"> • Attack • Defend (<i>opponents</i>) • Shoot / Hit / Throw accurately • Travel (<i>and remain in control of the ball</i>) • Pass / send • Catch / Receive • Tactics • Possession (<i>adapt techniques to keep it</i>) • Evaluate performance to improve • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
	Dance	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (<i>forwards, backwards, sideways</i>) • Space (<i>near, far, in and out, on the spot, own</i>) • Sequence (<i>beginning, middle, end</i>)



		<ul style="list-style-type: none"> • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle)
	Cooperation Games	<ul style="list-style-type: none"> • Teamwork / team building • Communication / talking • Trust • Problems / problem solving • Solutions • Tactics • Space, Time / Task, Equipment, People (STEP MODEL – Differentiation)
	Cheerleading	<ul style="list-style-type: none"> • Routines • Jump • Dismount • High V, Low V • Ready position • Pom-Poms / Ribbons • Gymnastic shapes – Tuck/Straddle
	Chasing and Fleeing	<ul style="list-style-type: none"> • Tag / IT • Tactics • Evading opponents • Reaching opponents • Trapping • Sending/reacting to misleading signals • Space, Time / Task, Equipment, People (STEP MODEL – Differentiation)
	Target Games	<ul style="list-style-type: none"> • Score • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL – Differentiation)
	Net and Wall	<ul style="list-style-type: none"> • Shoot/Hit/Throw/Serve • Attack • Over the net • Create space on offence • Reduce space on offence • Tactics • Rally • Drop shot • Umpire • Volley • Space, Time / Task, Equipment, People (STEP MODEL – Differentiation)
	OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> • Orienteering (positional language) • Map skills (compass, symbols, contours) • Communication • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-taking



	Striking and Fielding	<ul style="list-style-type: none"> • Batting • Fielding • Defending • Attacking • Teams • Bowl / Throw • Backstop • Catch • Run • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
	Personal Challenges	<ul style="list-style-type: none"> • Resilience • Beat your previous goal • Various Techniques • Competence • Skills & Strategy • Effectiveness • Personal Best (PB)
	Athletics	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/Wellbeing • Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.

Year 4

Year 4	Gymnastics	<ul style="list-style-type: none"> • Stretch / Flexibility • Travel (<i>Stag leap, scissor leap, cat leap & backwards</i>) • Roll (<i>log/pencil, egg, shoulder & teddy bear roll</i>) • Patch Balance (<i>Back, Front, Shoulder, Side, Bottom, symmetrical & asymmetrical</i>) • Point Balance (<i>hands, feet, elbows, knees, head & arabesque</i>) • Jump (<i>straight jump, shape jump-star/tuck/stretch, jump ¼ turn and jump ½ turn</i>) • Gymnastic shapes (<i>Tuck, Pike, Straddle, Star, Dish & Arch</i>) • Equipment/Apparatus (<i>ball, hoop, beam, table, mat</i>) • Sequence • Performance
	Invasion Games	<ul style="list-style-type: none"> • Attack (<i>mark</i>) • Defend (<i>opponents</i>) • Shoot / Hit / Throw accurately (<i>in a variety of ways</i>)



		<ul style="list-style-type: none"> • Travel (<i>changing speed, direction and remaining in control of the ball</i>) • Pass / send • Catch / Receive • Tactics (<i>suggest what they need to practice to enjoy or develop the game</i>) • Possession (<i>adapt techniques to keep it</i>) • Evaluate performance to improve • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
	Dance	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (<i>forwards, backwards, sideways</i>) • Space (<i>near, far, in and out, on the spot, own</i>) • Sequence (<i>beginning, middle, end</i>) • Moods and feelings (<i>expressive qualities</i>) (<i>jolly, stormy</i>) • Nature of movement (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>)
	Cooperation Games	<ul style="list-style-type: none"> • Teamwork / team building • Communication / talking • Trust • Problems / problem solving • Solutions
	Yoga	<ul style="list-style-type: none"> • Flexibility • Agility • Co-ordination • Poses (<i>poster → crab, dolphin, hero, flamingo</i>) • Calm/Tranquil relaxation • Inhale/Exhale
	Chasing and Fleeing	<ul style="list-style-type: none"> • Tag / IT • Tactics • Evading opponents • Reaching opponents • Trapping • Sending/reacting to misleading signals • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
	Target games	<ul style="list-style-type: none"> • Score • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
	Net and Wall	<ul style="list-style-type: none"> • Shoot/Hit/Throw/Serve • Attack • Over the net • Create space on offence • Reduce space on offence • Tactics • Rally • Drop shot • Umpire • Volley



		<ul style="list-style-type: none"> • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
	Swimming	<ul style="list-style-type: none"> • Strokes (freestyle, front crawl, back crawl, butterfly, breast stroke) • Dolphin technique • Body Position (<i>hips & legs high so chn are streamlined and the body has increased resistance</i>) • Breathing • Deep water • Water safety • Confidence • Forward rolls / Backward roll
	Striking and Fielding	<ul style="list-style-type: none"> • Batting • Fielding • Defending • Attacking • Teams • Bowl / Throw • Backstop • Catch • Run • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)
	Athletics	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/Wellbeing • Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.

Year 5

Year 5	Gymnastics	<ul style="list-style-type: none"> • Stretch / Flexibility • Travel (<i>Spinning on point, Spinning with travel & cartwheel</i>) • Roll (<i>log/pencil, egg, shoulder, teddy bear roll & forward roll</i>) • Balance (<i>point, patch, mirror and match & counter balance</i>) • Jump (<i>straight jump, shape jump-star/tuck/stretch, jump ¼ turn, jump ½ turn, hopscotch & compass</i>) • Gymnastic shapes (<i>Tuck, Pike, Straddle, Star, Dish & Arch</i>) • Equipment/Apparatus (<i>ball, hoop, beam, table, mat</i>) • Sequence
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		<ul style="list-style-type: none"> • Performance
	Football	<ul style="list-style-type: none"> • Attack • Defend / Defender • Possession • Centre pass • Dribble • Corner / Goal Kick • Formation • Foul / Penalty • Hand ball
	Dance	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (forwards, backwards, sideways) • Space (near, far, in and out, on the spot, own) • Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle)
	Hockey	<ul style="list-style-type: none"> • Hockey stick (flat side) (<i>Lifted no higher than shoulder height</i>) • Pitch • Team • Hit/Pass/Push/Dribble • Attackers / Defenders / Midfielders • Goal / Shoot • Obstruction
	Strictly	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (forwards, backwards, sideways) • Space (near, far, in and out, on the spot, own) • Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle) • Equipment → balls, hoops, ribbons
	Rugby (TAG)	<ul style="list-style-type: none"> • Tag (removal of the Velcro tag belt) • Goal line • Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside
	Target Games	<ul style="list-style-type: none"> • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (<i>STEP MODEL – Differentiation</i>)



	Netball	<ul style="list-style-type: none"> • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork
	OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> • Orienteering (positional language) • Map skills (compass, symbols, contours) • Communication • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-taking
	Kwik Cricket	<ul style="list-style-type: none"> • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs
	Personal Challenges	<ul style="list-style-type: none"> • Resilience • Beat your previous goal • Various Techniques • Competence • Skills & Strategy • Effectiveness • Personal Best (PB)
	Athletics	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/Wellbeing • Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.

Year 6

Year 6	Gymnastics	<ul style="list-style-type: none"> • Stretch / Flexibility • Travel (<i>Stepping sideways, spinning on point, spinning with travel, 2→1 foot leap, cat leap, scissor leap, stag leap & backwards</i>) • Roll (<i>log/pencil, egg, shoulder, teddy bear roll & forward roll</i>) • Balance (<i>point, patch, mirror and match & counter balance</i>)
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		<ul style="list-style-type: none"> • Jump (<i>straight jump, shape jump-star/tuck/stretch, jump ¼ turn, jump ½ turn, hopscotch & compass</i>) • Gymnastic shapes (<i>Tuck, Pike, Straddle, Star, Dish & Arch</i>) • Equipment/Apparatus (<i>ball, hoop, beam, table, mat</i>) • Sequence • Performance
	Football	<ul style="list-style-type: none"> • Attack • Defend / Defender • Possession • Centre pass • Dribble • Corner / Goal Kick • Formation • Foul / Penalty • Hand ball
	Dance	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (<i>forwards, backwards, sideways</i>) • Space (<i>near, far, in and out, on the spot, own</i>) • Sequence (<i>beginning, middle, end</i>) • Moods and feelings (<i>expressive qualities</i>) (<i>jolly, stormy</i>) • Nature of movement (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>) • Agility / Agile • Fitness • Balance / Coordination
	Hockey	<ul style="list-style-type: none"> • Hockey stick (<i>flat side</i>) (<i>Lifted no higher than shoulder height</i>) • Pitch • Team • Hit/Pass/Push/Dribble • Attackers / Defenders / Midfielders • Goal / Shoot • Obstruction
	Sport Theme Dance	<ul style="list-style-type: none"> • Travel and Stillness (<i>gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue</i>) • Direction (<i>forwards, backwards, sideways</i>) • Space (<i>near, far, in and out, on the spot, own</i>) • Sequence (<i>beginning, middle, end</i>) • Moods and feelings (<i>expressive qualities</i>) (<i>jolly, stormy</i>) • Nature of movement (<i>dynamic qualities</i>) (<i>fast, strong, gentle</i>) • Equipment → balls, hoops, ribbons
	Rugby (TAG)	<ul style="list-style-type: none"> • Tag (<i>removal of the Velcro tag belt</i>) • Goal line • Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside



	Target Games	<ul style="list-style-type: none"> • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL – Differentiation)
	Netball	<ul style="list-style-type: none"> • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork
	Swimming/OAA <i>Outdoor Adventurous Activities</i>	<ul style="list-style-type: none"> • Orienteering (positional language) • Map skills (compass, symbols, contours, grid reference, coordinates) • Communication • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-taking
	Kwik Cricket	<ul style="list-style-type: none"> • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs
	Personal Challenges	<ul style="list-style-type: none"> • Resilience • Beat your previous goal • Various Techniques • Competence • Skills & Strategy • Effectiveness • Personal Best (PB)
	Athletics	<ul style="list-style-type: none"> • Run, Jump, Throw • Speed • Height • Distance • Accuracy • Fitness, Health/Wellbeing • Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.